

## **Historic, Archive Document**

Do not assume content reflects current scientific knowledge, policies, or practices.





# NUTRITION

Published Monthly by the  
Production and Marketing Administration  
With the Approval of the Director, Bureau of the Budget



## News Letter

NUMBER 53

WASHINGTON, D. C.

DECEMBER 1946

### WAR FOOD ORDER NO. 1 REVOKED OCTOBER 25

The revoking of War Food Order No. 1, which included among its provisions a requirement for the enrichment of all baker's white bread, rolls, and buns, concerns especially those States that have not enacted State enrichment laws. Since October 25 the addition of thiamine, riboflavin, niacin, and iron in white bread and rolls has not been mandatory on a Nation-wide basis.

The bakers gave excellent cooperation on the enrichment program, not only under WFO-1 but also before that order was in effect, and it is our understanding that bakers in the States not having enrichment laws will continue to enrich products on a voluntary basis. Many millers the country over have voluntarily practiced enrichment of white flour. About three-fourths of the white flour sold for family use has been enriched by millers for several years. Millers and bakers who continue to enrich their products must continue to indicate on the label the percentages of minimum daily requirements of the added ingredients that a given amount of the food will furnish.

With enrichment of flour and bread no longer mandatory on a national scale, it is gratifying to note that 19 States are in the fortunate position of already having enacted enrichment legislation covering both white flour and white bread sold within their borders. They are Alabama, Arkansas, Georgia, Indiana, Kentucky, Louisiana, Maine, Mississippi, New Jersey, New York, North Carolina, New Hampshire, North Dakota, South Carolina, South Dakota, Texas, Washington, West Virginia, and Wyoming. Puerto Rico and Hawaii also have enrichment laws. A number of other States are working on enrichment legislation which may be enacted in the near future, and still others may work toward enrichment now that the Federal order no longer exists. These States will be interested to know that the Council of State Governments has again included the Enrichment of

White Flour and White Bread Act in its publication "Suggested State Legislation, Program for 1947." In connection with a draft of a proposed bill on enrichment suggested as a guide to State Governments, the publication makes a strong plea for uniformity of enrichment standards. If State laws are not uniform with respect to standards, millers and bakers who ship their products from one State to another will find it extremely difficult, if not impossible, to comply with these conflicting requirements.

At any rate, the experience of more than 4 years seems to indicate that enrichment of flour and bread is an effective, practical, and economical way to raise the level of thiamine, riboflavin, niacin, and iron for everyone. Particularly for low-income families, because their diets usually are low in these important nutrients, and because they are large bread eaters, enrichment of white flour and white bread is a real asset on the nutrition ledger.

Because of the number of nutrition committees that are actively supporting enrichment legislation in their respective States, and are carrying on educational programs on the benefits of enrichment, we wish to call attention at this time to three pieces of valuable reference material. One is USDA AIS-39, "Foods—Enriched, Restored, Fortified," which was slightly revised in July 1946. It is available through the Office of Information, USDA, Washington 25, D. C. Another is called "Information on Bread and Flour Enrichment" and is available from the American Institute of Baking, 1135 Fullerton Ave., Chicago 14, Ill. The third, "The Facts About Enrichment of Flour and Bread," is a publication of the National Research Council, 2101 Constitution Ave., Washington, D. C.

### NUTRITION EMPHASIS IN OUTLOOK CONFERENCE

Nutrition had full emphasis in the Agricultural Outlook Conference October 7-11, as one would expect. This was



true, not only in the half-day given over to a consideration of "The Outlook for Nutrition," but also in addresses during other sessions and in some of the basic material prepared ahead for distribution to the conference group.

Among the excerpts that follow attention is directed to the significance of several statements in relation to the termination of mandatory enrichment on a Nation-wide basis. Note particularly in the following quotation from the 1947 Outlook Issue (September 1946) of the National Food Situation, in paragraphs taken from the section on the Nutritional Outlook, the sentences we have underlined:

"Available supplies of most nutrients are expected to continue at a high level in 1947. This forecast is based on estimates of the 1947 food supplies and the assumption that the present bread and flour enrichment program will continue.

"Per capita supplies of food energy may be somewhat larger next year than in 1946. The increase in food energy would result from prospective higher consumption of grain products, fats, and sugar. Slight decreases in calcium and riboflavin are indicated on the basis of lower estimated consumption of fluid milk and cream. If the enrichment program is discontinued, per capita supplies of riboflavin, iron, niacin, and thiamine will range from 10 to 25 percent below 1944-46.

"Continuation of large commercial and home production of vegetables is in prospect, and is essential for the maintenance of the supplies of vitamins A and C at the high level of 1945 and 1946. The anticipated record consumption of citrus fruit will also be an important source of vitamin C."

And in the more detailed report on Nutrition and Food Consumption in "Rural Family Living," Annual Outlook Issue, October 1946, the following statement appears as a quotation from material developed by the Council of State Governments: "Recent studies indicate something of the important contribution to the improvement of the nutritive value of the American diet that the enrichment program has made even under partial application. Due solely to the enrichment of grain products, the nutritive value of the 1945 food supply as compared with 1935-39, increased 17 percent in iron, 27 percent in thiamine, 12 percent in riboflavin,

and 19 percent in niacin. As a result, grain products became the major source of iron and thiamine and second in importance as the source of riboflavin and niacin. Without enrichment, the nutritive value of the food supply would have been dangerously low in thiamine, riboflavin, and niacin." (Underscoring ours.)

The Nutrition and Food Consumption part of the Farm Family Living Outlook Report is filled with other important facts—about the school-lunch program, the extent to which home gardening and home preservation has been carried on, and considerable information on trends in national food supplies. However, we have touched on those subjects in recent issues of the Nutrition News Letter, and wish to leave uppermost in your minds the nutritional implications of the revoking of mandatory enrichment on a national scale.

#### HIGH LIGHTS OF SCHOOL-LUNCH CONFERENCE

The National Conference on School Lunches held in Washington October 22-23 was attended by representatives of State PMA offices, State Departments of Education, a few other State offices, and several branches of the Federal Government. The opening session provided excellent background material for the working sessions that followed. President Truman sent a message to the group on the importance of the school-lunch program to the nutrition of millions of children, which was read by Paul C. Stark as chairman. The objectives of the 2-day conference were outlined by Robert H. Shields, PMA Administrator. Dr. Thomas Parran of the U. S. Public Health Service discussed the effect of the program on food habits and health. A paper on Educational Responsibilities in School-Lunch Administration was presented by Dr. E. B. Norton of the U. S. Office of Education. Father Gibbons, Director of the Catholic Rural Life Conference, discussed school lunch in relation to the national agricultural economy. Under Secretary of Agriculture N. E. Dodd painted a vivid picture of the importance of food in the lives of children as he described the hunger he had seen in a recent visit to 17 countries.

Dr. Hazel K. Stiebeling, Chief of the Bureau of Human Nutrition and Home Economics, presented in very practical terms the contribution that the school lunch should make to the day's nutritive needs of the child. She emphasized the point



that the school meal should make up for deficiencies in home meals by complementing the food served in the home. In this connection she spoke of the importance of taking into account differences in food consumption habits in different sections of the country. She pointed out values to be gained in considering regional and local food habits: (1) The school lunch can feature foods that provide nutrients known to be low in the local diets. Following this principle, milk would have special emphasis in the lunch program in some areas; vitamin-C-rich fruits and vegetables in others, and so on. (2) The children are more likely to eat and enjoy school lunches that follow the local eating pattern, with resulting nutritional benefits and less plate waste.

Dr. Stiebeling also suggested that schools consider whether the school lunch should be a noon meal or a breakfast, according to the needs of the children. And she emphasized the fact that the meal did not necessarily have to be hot to be palatable, attractive, and high in nutritive value. At this point she spoke of the well-known "Oslo Breakfast," and described in detail an "attractive, very gay, very delicious" cold lunch she saw children enjoying in a school in Copenhagen on her recent visit there. Good management, preparation to retain food values and appetizing qualities, and the importance of sanitation—all were touched on briefly in this paper.

The Tuesday afternoon session was given over to an exchange of ideas, with questions and contributions from the group. The general subject was operating problems, and nutrition again was stressed when Mrs. Margaret Morris reviewed meal-type requirements. Speakers of national and international reputation who appeared on the Tuesday evening program featured the importance of the school-lunch program to the health and welfare of the Nation's children. On Wednesday, members of the conference worked in five groups to discuss problems and draw up a summary and recommendations.

#### NATIONAL GARDEN CONFERENCE POSTPONED

The national conference of garden and horticultural leaders, originally called for November 7-8, was postponed because of a strike among hotel employees in Washington. The new dates are December 5-6. The general theme is "Gardens for Food, Health, and Good Living." It is

hoped that several hundred leaders of the garden program, representing all States, will attend this working conference, at which 1947 home garden problems and goals will be discussed.

#### PLENTIFUL FOODS LIST FOR DECEMBER

The following foods are expected to be in plentiful supply throughout the greater part of the United States during December: Potatoes, onions, canned citrus juice, apples, pears (fall and winter varieties), dried peaches, and frozen fish (exclusive of shell fish). The second largest crop of cranberries on record and a record crop of almonds and filberts are expected on the market also this month.

#### NOTES FROM THE FIELD

WYOMING.—The April 1946 issue of the Nutrition News Letter mentioned briefly the cooperation of the Wyoming State Health and Nutrition Committee and all county nutrition committees on a State-wide survey of health and medical facilities. More recent information that has come to our attention attributes much of the successful completion of this project to the tireless efforts of the State chairmen who personally and persistently worked until there was a 100-percent return of the questionnaires. All of the 16 organizations and agencies on the State committee assisted the field secretary of the health committee of the Northern Great Plains Council in planning and conducting the survey. The county nutrition chairmen, working with agricultural and home demonstration agents, distributed questionnaires to persons in every town and rural area in Wyoming.

The findings of the survey have been analyzed and published, and plans are under way to determine the best ways to get the facts to all Wyoming citizens. The committee hopes to make Wyomingites conscious of the active part they must play in striving for health improvement through greater availability of health services.

To accomplish this end, a number of "committeemen" are to be trained to serve as supervisors for county-wide discussion meetings. In addition, doctors, dentists, ministers, and other qualified individuals in communities will serve at these meetings to help people understand the situation.

Three thousand copies of the survey report have been printed. The Governor, who served on the advisory committee,



designated State funds for part of the cost of printing, and the State health department and the Agricultural Extension Service each made a contribution. A discussion of procedure for the distribution and use of the report was on the agenda of the November meeting of the State Health and Nutrition Committee meeting.

PUERTO RICO.—At its August meeting the Puerto Rico Nutrition Committee elected a new executive committee composed of the president, vice president, secretary, and three other members. The activities of the nutrition committee are directed toward one ultimate goal: Better Nutrition for a Healthier and Happier Puerto Rico.

In October the outgoing president submitted a summary of outstanding activities of the committee covering 1945 and through September 1946. More detailed reports of some activities had been prepared earlier. Among these was a summary of activities carried on by all local nutrition committees during Puerto Rico's Nutrition Week, April 28 to May 4, 1946, which was launched by a proclamation of the Governor.

Plans for the week's celebration of nutrition were made by the Puerto Rico Nutrition Committee in October 1945. All official agencies and groups on the island, both civic and educational, were represented on the planning committee and participated in carrying out the plans. Superintendents of schools acted as local co-chairmen, cooperating with local nutrition chairmen, representatives of the Extension Service, Farm Security Administration, and other agencies having local staff. Numerous activities and media were used to feature nutrition in 67 municipalities. Exhibits, posters, contests, film showings, playlets, radio programs, food demonstrations, meetings, articles in newspapers, and various activities in the schools carried a nutrition message to all Puerto Ricans. A special seal with a slogan and sketch was used on all correspondence about Nutrition Week.

The nutrition committee took the initiative on work toward enrichment legislation. When the bill was passed in 1945, the committee participated in the work of a Department of Health committee for enacting regulations to govern the enforcement of the bill.

Definite attention was given to the reorganization of inactive local nutrition committees. Five issues of the

committee's nutrition news letter were published, with various agencies taking a turn in the preparation. The committee cooperated with the School of Tropical Medicine in carrying out a dietary study, and with the Insular Department of Agriculture prepared and distributed a pamphlet on Puerto Rican fruits. For over 2 months the committee worked on the food conservation campaign. Assistance was given on a campaign to wipe out black markets. The committee extended its program of work to cooperate with the Institute of Nutrition of Cuba in a Nutrition Workshop. It also established contact with nutrition organizations in South American countries for the exchange of food value data and other information.

The committee hopes that these and a number of other activities not listed here for lack of space will be continued and expanded in this and coming years.


NEW MATERIALS (Samples not enclosed)

Sweetpotato Recipes, AIS-58. A 12-page leaflet issued October 1946 by Bureau of Human Nutrition and Home Economics. Available from Office of Information, USDA, Washington 25, D. C.

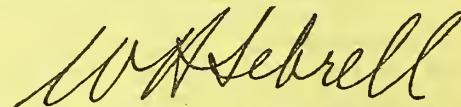
Food for the Family with Young Children, AIS-59. This new leaflet by BHNHE, now in press, is a companion piece to an earlier leaflet entitled "Food for Two." The latter is again available for distribution.

The price range given for the suggested diet plans in each of these leaflets was based on the Bureau of Labor Statistics Cost-of-Food Index, which is an average of food prices in large cities. As prices change from time to time and vary from place to place and from one market to another, those who follow the diet plans should be advised to check cost by applying current local food prices. For either leaflet, write to Office of Information, USDA, Washington 25, D. C.

Sincerely yours,



M. L. Wilson, Chief,  
Nutrition Programs



W. H. Sebrell, Associate Chief,  
Nutrition Programs